

Having thus described the invention,

I claim:

CLAIM 1: A yoga mat comprising an elongated surface area, a
175 plurality of elongated straps, one end of each strap having
an end tab and a fastener adjacent to the end tab, the other
end of each strap having a fastener attached thereto, a carry
strap attached to the end of the mat between the two straps,
an attachment strip fixedly attached to one edge of the yoga
180 mat, the end tab of each strap and the ends of the carry
strap all being affixed between the mat edge and the
attachment strip.

CLAIM 2: The mat of Claim 1 in which each fastener is a hook
185 and loop fastener.

CLAIM 3: The mat of Claim 1 in which the mat is made from
soft polyvinyl chloride vinyl, rubber, a rubber-like material
or a moisture absorbent fabric.

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CLAIM 4: The mat of Claim 1 in which the attachment strip is
fixedly attached to the mat by sewing or adhesive.

CLAIM 5: The mat of Claim 4 in which the attachment strip is
195 attached to the mat by sewing around the entire periphery of
the attachment strap.

CLAIM 6: The mat of Claim 1 in which the carry strap is adjustable.

200 CLAIM 7: A generally rectangular yoga mat comprising an elongated surface area, two elongated straps, one end of each strap having an end tab and a hook and loop fastener adjacent to the end tab, the other end of each strap having a hook and loop fastener attached to the opposite side thereof, a carry
205 strap attached to the edge of the mat between the two straps, an attachment strip fixedly attached to one edge of the yoga mat, the end tab of each strap and the ends of the carry strap being affixed between the mat and the attachment strip.

210 CLAIM 8: The mat of Claim 7 in which the mat is made from soft polyvinyl chloride vinyl, rubber, rubber-like material or a moisture absorbent fabric.

CLAIM 9: The mat of Claim 7 in which the attachment strip is
215 fixedly attached to the mat by sewing or adhesive.

CLAIM 10: The mat of Claim 9 in which the attachment strip is attached to the mat by sewing around the entire periphery of the attachment strap.

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CLAIM 11: The mat of Claim 7 in which the carry strap is adjustable.